

# PULLMAN AQUATICS

## WE MAKE FAMILY FITNESS FUN!

**WELCOME TO THE PULLMAN AQUATIC CENTER! WE OFFER SOMETHING FOR EVERYONE. MAKE THIS SEASON ONE TO REMEMBER WITH FAMILY, FUN, AND FITNESS. OUR INDOOR AQUATIC CENTER FEATURES A 25-YARD MULTIPURPOSE POOL AND A 92-DEGREE THERAPY POOL WITH CHILDREN'S PLAY AREA. IN ADDITION, WE HAVE A FITNESS ROOM WITH FREE WEIGHTS, ELLIPTICAL MACHINES, TREADMILLS, AND RECUMBENT BICYCLES. COME ON IN, THE WATER'S FINE!**

## MEMBERSHIP PULLMAN AQUATIC CENTER

Visits are available to the pool, fitness room, or in combination. Passes can be purchased for daily, monthly, quarterly, or annual entry. Program participants receive a 20% discount when they have purchased an annual aquatic center membership. Annual passes include summer entrance to Reaney Pool.

Children ages 0-3 years old are admitted free with a paying adult. Children 14 years and younger are not permitted in the fitness room. Family rates apply to all dependents declared for income tax purposes.

### POOL OR FITNESS ROOM

AGE .....	DAILY .....	MONTHLY .....	QUARTERLY ...	ANNUAL
4-17 .....	\$2.50 .....	\$20 .....	\$55 .....	\$100
18-61 .....	\$3.50 .....	\$30 .....	\$85 .....	\$150
62+ .....	\$2.50 .....	\$20 .....	\$55 .....	\$100
Family .....	\$9.50 .....	\$80 .....	\$195 .....	\$400

### COMBINATION POOL AND FITNESS

AGE .....	DAILY .....	MONTHLY .....	QUARTERLY ...	ANNUAL
15-17 .....	\$3.75 .....	\$30 .....	\$90 .....	\$150
18-61 .....	\$5.25 .....	\$45 .....	\$135 .....	\$225
62+ .....	\$3.75 .....	\$30 .....	\$90 .....	\$150
Family .....	\$14.25 .....	\$120 .....	\$360 .....	\$600

### LOCKER RENTALS

Lockers are available for long-term rentals. Participants must supply their own lock. Items are stored at the owner's risk.

**MONTHLY: \$15 ..... QUARTERLY: \$35 ..... ANNUAL: \$100**



## 2006 WINTER/SPRING SWIM LESSON SCHEDULE

**MW ..... 4 wks ..... Jan 16-Feb 8**  
**Feb 13-Mar 8**  
**Mar 20-Apr 12**  
**Apr 17-May 10**  
**May 15-Jun 7**

**TuTh ..... 8 wks ..... Jan 17-Mar 9**  
**6 wks ..... Mar 21-Apr 27**  
**May 2-Jun 8**

**Sa ..... 7 wks ..... Jan 21-Mar 4**  
**9 wks ..... Mar 25-May 20**

## AQUATIC CENTER CLOSURE

**MARCH 11 - 19**  
**ANNUAL MAINTENANCE**

**APRIL 16 (EASTER SUNDAY)**  
**LATE OPENING 4:00PM**

**MAY 29 MEMORIAL DAY**  
**(LESSONS ON FRIDAY, JUNE 2)**

# PULLMAN AQUATICS

## FITNESS ROOM HOURS

Beginning January 2

### MONDAY-FRIDAY

6:00am-9:00pm

### SATURDAY

9:00am-7:00pm

Late Opening at 12:00pm: Jan 7, 14, May 27, Jun 3, 10

### SUNDAY

12:00-7:00pm

Late opening 4:00pm: Apr 16

## APRIL POOL'S DAY WA STATE WATER SAFETY DAY

SATURDAY,  
APRIL 22-3:00-6:00PM



Please bring a life jacket if you have one!

## TUBE TIME



Come float at the pool.  
Water park tubes are available to float and play on.

Play boats available for  
children under age 8 (with adult supervision).

Friday: 7:00-9:00pm

Saturday: 4:00-6:00pm

## Pool Party Packages!!

Let us do the work! All-inclusive party packages. We provide the cake, ice cream, juice, balloons, paper goods, goodie bags, lifeguards, and pool space. You provide the guests. Prices include private or open swim times. Call our Party Planner at 338-3290 for more information.



### PARTY PACKAGE I

Private Pool Rental  
\$80/hr up to 50 people  
\$15/hr each additional 10 people  
Add any of the extras you would like.



### PARTY PACKAGE II

\$2.50 per child for pool entry during Public Swim  
\$3.50 per adult pool entry  
\$80/hr rental for use of the pool deck for you to bring and serve refreshments for your guests. We will provide tables and chairs for your party up to 50 people. We provide one staff member to help in serving during dry time.

### PARTY PACKAGE III

Bring up to 10 party goers and we will provide you with a swimmingly good time. Includes admittance to the pool during regular open swim and one hour of private deck time for your party. We will provide decorations, gift bags, cake, balloons, paper goods, and juice. .... \$152.50  
Each additional party member ..... \$5.75

### PARTY PACKAGE IV

Bring up to 10 guests to Pullman Aquatics and we will provide you with a splashingly spectacular party. Includes two hours of private use of the pool, pool deck, and use of "Tubes and Boats". We will provide decorations, gift bags, cake, balloons, paper goods, and juice. .... \$192.50  
Each additional party member ..... \$3.25

### EXTRAS:

Tubes and Boats ..... \$10/hr  
Party Players (Aquatic Center Staff) ..... \$20/hr

# PULLMAN AQUATICS

## IMPORTANT INFORMATION:

- ✓ **Swim screenings are required for participants not currently enrolled in our program.**
- ✓ **Classes will be prorated after the 2nd week of each session. Late enrollment will be accepted up to the middle of the session.**
- ✓ **Waitlists are established for all filled classes. Our goal is 100% accommodation of waiting lists.**
- ✓ **Enroll early as the Pullman Aquatic Center Management reserves the right to combine and adjust classes with low enrollment.**
- ✓ **Winter lessons are MW for 4 wks, TuTh for 8 wks and Sa for 7 wks.**
- ✓ **Spring lessons are MW for 4 wks, TuTh for 6 wks, and Sa for 9 wks.**

## PAC SUPERVISION POLICY:

**Pullman Aquatics requires that children seven years and under be supervised by someone eighteen or older within arms reach.** We recommend that children age eight to twelve years be supervised by a caregiver age eighteen or older. All children wearing a floatation device must be within arms reach of a responsible adult.

### INCLEMENT WEATHER

In the event of thunder or lightning, PAC will close for 30 minutes, from the last flash of lightning or the last bang of thunder. Refunds will not be issued for drop-in customers. For your safety, we actively monitor weather sites.

### WAITLIST

Our goal is 100% accommodations of waitlists. Enrollment in PAC classes is offered on a first-come, first-serve basis. When PAC adds classes, all wait-listed participants will be called. Our waitlists create a general interest list. New classes are then filled on a first-come, first served basis. Participants can register over the phone and pay with a Visa or MasterCard. Payment is required at time of enrollment.

### LANE RENTALS

Want to rent pool space but don't need the whole pool? Does your scout troop, play group, or sports team need pool space during operating hours? Our lanes can be rented by the 1/4 hour. **Advanced reservations required.** \$4.30/hr/lane

Swim lessons at the Pullman Aquatic Center (PAC) offer an essential life assurance for your family. Our nationally certified instructors come with over 65 years of combined experience from aquatic facilities throughout the country. We offer small student to teacher ratios, innovative teaching methods, and enthusiasm unmatched in the region. In addition, class lengths are adjusted based on skill and age. Session lengths are increased as children progress, allowing the teacher/student bond to develop and for the students' progress to be uninterrupted.

Our goal is to provide students with the skills necessary for a life long enjoyment of the water. Our lessons are offered to all ages. You will be amazed at your child's progress with consistent, year-round lessons. We truly do have something for everyone.



### ADULT AND TEEN LESSONS

Broaden your horizons and learn a new skill. Now is the time to learn to swim or perfect your strokes. Students will be divided into groups based on skill level.

**Adult Ages: 15 yrs old and older**

**Teen Ages: 12 yrs old and older**



### DOLPHIN – PRE-COMPETITION

Length: 75 - 90 minutes

This is a non-level class emphasizing swim team preparation. Topics and skills to be covered are swim etiquette, how to use a pace clock, fitness awareness in aquatics, flip turns, nutrition, and safety techniques. Endurance swimming of all competitive strokes will be practiced daily. Participants must be a minimum of Trout level. Dry land training will be added as necessary.

### PRIVATE AND SEMI-PRIVATE LESSONS

Does your child seem stuck at one level? Do they like a specific instructor? Would you like to see them progress through the skills at a faster pace? Private lessons are the answer. Private lesson instructors are endorsed by management as being "the best of the best." These instructors consistently receive excellent reviews from their group lesson participants and parents. (30 minutes). Please fill out a private lesson questionnaire (available at the PAC front desk or via phone, 338-3290) for instructor assignment.

**Scheduled by appointment:**

1 student: ..... \$20  
2 students: ..... \$25








## AQUATIC CENTER CLOSURE

**MARCH 11-19  
ANNUAL MAINTENANCE**

**APRIL 16 (EASTER SUNDAY)  
LATE OPENING 4:00PM**

**MAY 29 MEMORIAL DAY  
(LESSONS ON FRIDAY, JUNE 2)**

# SWIM INSTRUCTION

																
	WEEKS	DAYS	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE
Jan 17-Mar 9	8	TuTh											5:15pm	\$135		
Jan 16 - Mar 6	8	M	6:00pm	\$28	6:30pm	\$28									7:00pm	\$28
Jan 16-Feb 8	4	MW											5:15pm	\$69		
Jan 18-Mar 8	8	W					6:00pm	\$28	6:30pm	\$28						
Jan 20-Mar 10	8	F	10:00am	\$28	10:30am	\$28	9:30am	\$28			1:00pm	\$55				
Jan 21-Mar 4	7	S	10:00am	\$24	10:30am	\$24	11:00am	\$24	11:30am	\$24						
Feb 13-Mar 8	4	MW											5:15pm	\$69		
Mar 20-Jun 5	12	M	6:00pm	\$41	6:30pm	\$41									7:00pm	\$41
Mar 20-Apr 12	4	MW											5:15pm	\$69		
Mar 21-Apr 27	7	TuTh											5:15pm	\$104		
Mar 22-Jun 7	12	W					6:00pm	\$41	6:30pm	\$41						
Mar 24-Jun 9	12	F	10:00am	\$41	10:30am	\$41	9:30am	\$41			1:00pm	\$83				
Mar 25-May 20	9	S	10:00am	\$31	10:30am	\$31	11:00am	\$31	11:30am	\$31						
Apr 17-May 10	4	MW											5:15pm	\$69		
May 2-Jun 8	7	TuTh											5:15pm	\$104		
May 15- Jun 7	4	MW											5:15pm	\$69		



## HOME SCHOOL PE PROGRAM

We are proud to offer a program to fit the needs of home school children and their parents. This program will offer a 30 minute swim lessons and up to 90 minutes of play time during midday. Games and activities will be planned for some of the playtime. Students will be divided into appropriate swim levels on the first day. (2 hours)

### Drop-in for playtime only:

..... F ..... 1:00-3:00pm ..... \$2.50 per child

### Scheduled by appointment:

\$6.90/student/60 minutes (minimum 4 week session)

## DAY CARE SWIM AND PLAY PROGRAM

Gather a group of 3 or more students of the same skill level and bring them in during off peak hours for group swim and play program. We will provide a qualified swim instructor for your group. Playtime can be added for your staff and students.

### Scheduled by appointment:

\$6.90/student/60 minutes (minimum 4 week session)



## PARENT/CHILD

### Caregiver Attendance Required

30 min – 1x/week

All Parent/Child Classes may be done as a drop-in \$5.15 per class.



### PC Goldfish and PC Clownfish



Our parent and child program offers early exposure to the wonderful world of water. These classes are designed to help the child acclimate to the water while teaching the caregiver(s) basic techniques for early success. Parents learn how to positively promote their child's water experience. Children learn to enjoy the water through songs, games, and repetition. **Children not yet potty trained must wear a swim diaper with tight fitting legs and waist. Disposable diapers are not permitted.**

**PC Goldfish** 6 mo-23 mo  
**PC Clownfish** 2-4 yrs old



### PC Starfish

**2-3 yrs old:** This turtle level is designed for the young swimmer (2-3 yr old) who is ready to transition to lessons with limited parental supervision. (See PS Turtle description on pg 29).



### PC Seal

**3-4 yrs old:** A tadpole level for the cautious child who needs the reassurance of the parent. (See PS Tadpole description on pg 29).



# YOUTH SWIM LESSONS

Program Dates			PS Tadpole		PS Turtle		PS Frog/ PS Gator		Tadpole		Turtle		Frog		Gator		Seahorse		Trout		Salmon/ Swordfish	
			TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE	TIME	PRICE
Jan 16- Feb 8	4	MW	9:00am	\$28	9:35am	\$28	10:10am	\$28														
			1:00pm	\$28	1:35pm	\$28	2:10pm	\$28														
			5:50pm	\$28	6:25pm	\$28	5:15pm	\$28	5:15pm	\$37	5:15pm	\$37	6:10pm	\$37	6:00pm	\$37	5:15pm	\$37	6:00pm	\$46	5:15pm	\$46
			9:35am	\$55	9:00am	\$55	10:10am	\$55					5:15pm	\$74								
Jan 17-Mar 9		TuTh	1:35pm	\$55	1:00pm	\$55	2:10pm	\$55														
			6:25pm	\$55	5:50pm	\$55	5:15pm	\$55	6:00pm	\$74	5:15pm	\$74	6:10pm	\$74	5:15pm	\$74	6:00pm	\$74	5:15pm	\$92	6:00pm	\$92
			9:00am	\$24	9:35am	\$24	10:05am	\$24	10:10am	\$32	9:15am	\$32	9:20am	\$32	9:00am	\$32	9:45am	\$32	9:00am	\$40	9:55 SA	\$40
			11:25am	\$24	10:30am	\$24					11:05am	\$32	10:45am	\$32	10:00am	\$32	10:40am	\$32		10:50 SW	\$40	\$40
Feb 13- Mar 8	4	MW	9:00am	\$26	9:35am	\$28	10:10am	\$28														
			1:00pm	\$28	1:35pm	\$28	2:10pm	\$28														
			5:50pm	\$28	6:25pm	\$28	5:15pm	\$28	5:15pm	\$37	5:15pm	\$37	6:10pm	\$37	6:00pm	\$37	5:15pm	\$37	6:00pm	\$46	5:15pm	\$46
			9:00am	\$28	9:35am	\$28	10:10am	\$28														
Mar 20-Apr 12	4	MW	1:00pm	\$28	1:35pm	\$28	2:10pm	\$28														
			5:50pm	\$28	6:25pm	\$28	5:15pm	\$28	5:15pm	\$37	5:15pm	\$37	6:10pm	\$37	6:00pm	\$37	5:15pm	\$37	6:00pm	\$46	5:15pm	\$46
			9:35am	\$41	9:00am	\$41	10:10am	\$41														
			1:35pm	\$41	1:00pm	\$41	2:10pm	\$41					5:15pm	\$55								
Mar 21-Apr 27	6	TuTh	6:25pm	\$41	5:50pm	\$41	5:15pm	\$41	6:00pm	\$55	5:15pm	\$55	6:10pm	\$55	5:15pm	\$55	6:00pm	\$55	5:15pm	\$69	6:00pm	\$69
			9:00am	\$31	9:35am	\$31	10:05am	\$31	10:10am	\$41	9:15am	\$41	9:20am	\$41	9:00am	\$41	9:45am	\$41	9:00am	\$52	9:55 SA	\$52
			11:25am	\$31	10:30am	\$31					11:05am	\$41	10:45am	\$41	10:00am	\$41	10:40am	\$41		10:50 SW	\$52	\$52
													10:55am	\$41								
Mar 25-May 20	9	Sa	9:00am	\$28	9:35am	\$28	10:10am	\$28														
			1:00pm	\$28	1:35pm	\$28	2:10pm	\$28														
			5:50pm	\$28	6:25pm	\$28	5:15pm	\$28	5:15pm	\$37	5:15pm	\$37	6:10pm	\$37	6:00pm	\$37	5:15pm	\$37	6:00pm	\$46	5:15pm	\$46
			9:35am	\$41	9:00am	\$41	10:10pm	\$41					5:15pm	\$55								
Apr 17-May 10	4	MW	9:00am	\$28	9:35am	\$28	10:10am	\$28														
			1:00pm	\$28	1:35pm	\$28	2:10pm	\$28														
			5:50pm	\$28	6:25pm	\$28	5:15pm	\$28	5:15pm	\$37	5:15pm	\$37	6:10pm	\$37	6:00pm	\$37	5:15pm	\$37	6:00pm	\$46	5:15pm	\$46
			9:35am	\$41	9:00am	\$41	10:10am	\$41														
May 2-Jun 8	6	TuTh	1:35pm	\$41	1:00pm	\$41	2:10pm	\$41														
			6:25pm	\$41	5:50pm	\$41	5:15pm	\$41	6:00pm	\$55	5:15pm	\$55	6:10pm	\$55	5:15pm	\$55	6:00pm	\$55	5:15pm	\$69	6:00pm	\$69
			9:00am	\$28	9:35am	\$28	10:10am	\$28														
			1:00pm	\$28	1:35pm	\$28	2:10pm	\$28														
May 15-Jun 7	4	MW	9:00am	\$28	9:35am	\$28	10:10am	\$28														
			1:00pm	\$28	1:35pm	\$28	2:10pm	\$28														
			5:50pm	\$28	6:25pm	\$28	5:15pm	\$28	5:15pm	\$37	5:15pm	\$37	6:10pm	\$37	6:00pm	\$37	5:15pm	\$37	6:00pm	\$46	5:15pm	\$46

## HOW DO I REGISTER MY CHILD?

The questions below will help you place your child in the proper class. (Free swim screenings are required for all students not currently enrolled in our program.) If you answer "NO" to any question, place your child in the preceding level. If you answer "YES" to all questions, they are placed in the appropriate level. **Please note:** All children aged 3-4 yrs old must be placed in the Preschool (PS) section of the appropriate level. 5 yrs old may choose PS or regular levels



### PS Tadpole - water adjustment

Instructor / Student Ratio: 1:5  
Ages: 3-5 yrs old  
Length: 25-35 minutes

**To register:** My child has little or no water experience

### PS Turtle - body position

Instructor / Student Ratio: 1:5  
Ages: 3-5 yrs old  
Length: 25-35 minutes

- To register:** My child can
- go underwater willingly with no hesitation
  - float assisted on front and back
  - follow directions
  - jump in, go underwater, and be caught
  - demonstrate comfort in the entire pool environment

### PS Frog / PS Gator

Instructor / Student Ratio: 1:5  
Ages: 3-5 yrs old  
Length: 25-35 minutes

Due to limited enrollment in both levels these skills will be taught in a combination class.

**To register:** My child can (see criteria below for registration requirements)



### PS Frog - mobility and beginning endurance

Instructor / Student Ratio: 1:5  
Ages: 3-5 yrs old  
Length: 25-35 minutes

- To register:** My child can
- float and glide unassisted on front and back for 10 sec
  - travel 15 feet using beginning paddling
  - demonstrate a streamline kick on front and back for 15 feet
  - jump in and recover to a back float



### PS Gator - stroke improvement

Instructor / Student Ratio: 1:6  
Ages: 3-5 yrs old  
Length: 25-35 minutes

**To register:** My child can

complete the following combined skill:

- jump into deep water
- float unassisted on back for 15 seconds
- travel 1/2 length of pool (streamline kick with sculling arms) roll over unassisted, and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

### Tadpole - water adjustment

Instructor / Student Ratio: 1:5  
Length: 35-45 minutes

**To register:** My child has little or no water experience



### Turtle - body position

Instructor / Student Ratio: 1:5  
Length: 35-45 minutes

- To register:** My child can
- go underwater willingly with no hesitation
  - float assisted on front and back
  - follow directions
  - jump in, go underwater, and be caught
  - demonstrate comfort in the entire pool environment

### Frog - mobility and beginning endurance

Instructor / Student Ratio: 1:5  
Length: 35-45 minutes

**To register:** My child can

- float and glide unassisted on their front and back for 10 sec
- travel 15 feet using beginning paddling
- demonstrate a streamline kick on front and back for 15 feet
- jump in and recover to a back float



### Gator - stroke improvement

Instructor / Student Ratio: 1:6  
Length: 35-45 minutes

**To register:** My child can

complete the following combined skill:

- jump into deep water
- float unassisted on back for 15 seconds,
- travel 1/2 length of pool (streamline kick with sculling arms)
- roll over unassisted and swim the remaining length of pool (using a paddle stroke, streamline kick, and rhythmic breathing)

# YOUTH SWIM LESSONS



### Seahorse-stroke perfection

Instructor / Student Ratio: 1:6  
Length: 35-45 minutes

**To register:** My child can

- perform consistent bilateral or rotary breathing
- demonstrate overarm recovery on the front and back
- tread water for 2 minutes using any arm and kick pattern

### Trout - advanced stroke kicks

Instructor / Student Ratio: 1:6  
Length: 45-55 minutes

**To register:** My child can

- swim 25 yards of front crawl with complete coordination, using rotary breathing and over arm recovery every time
- swim 25 yards of back crawl including coordination and over arm recovery every time

### Salmon/Swordfish

Due to limited enrollment in both levels these skills will be taught in a combination class.



### Salmon-advanced stroke refinement

Instructor / Student Ratio: 1:8  
Length: 45-55 minutes

**To register:** My child can

- swim consistent and perfect elementary backstroke with coordination for 25 yards
- demonstrate dolphin kicks for 15 yards
- demonstrate breast stroke kicks for 15 yards
- demonstrate side stroke kicks for 15 yards
- swim front and back crawl for 50 yards each



### Swordfish-competitive stroke intro.

Instructor / Student Ratio: 1:8  
Length: 45-55 minutes

**To register:** My child can

- demonstrate consistent and perfect elementary backstroke, breast stroke, and side stroke for 25 yards
- swim front and back crawl for 100 yards each



# GROUP WATER FITNESS



## GROUP FITNESS

Let our fitness instructors lead you through a challenging workout. Each instructor has knowledge in Anatomy,

Physiology, Kinesiology, and Exercise Design. We pride ourselves in exceeding national standards. Each instructor's unique style offers a class for everyone. While swimming is not required, a comfort level in shallow and deep water is necessary. Water shoes are recommended and webbed gloves are encouraged. Come check out this great fitness alternative. All of our classes feature HYDRO-FIT equipment (60 minutes).

*New participants may attend the first class at no charge. Come try us out – you'll like what we have to offer.* Admission to all water fitness classes is with the class pass system. **Passes are good for 6 months from the day of purchase.** Daily visits can be purchased at the front desk. All classes are ongoing and may be joined at anytime. Participants will receive a 20% discount on all PAC programs with the purchase of an annual membership.

### Class Pass Rates

Quantity	Total	Per Class
Drop-in Fee	\$4.50	\$4.50
5 Class Pass	\$18.00	\$3.60
10 Class Pass	\$33.00	\$3.30
15 Class Pass	\$45.00	\$3.00
20 Class Pass	\$60.00	\$3.00
25 Class Pass	\$67.50	\$2.70
30 Class Pass	\$82.50	\$2.70
40 Class Pass	\$96.00	\$2.40
50 Class Pass	\$120.00	\$2.40

## GETTING STARTED:

Start your morning off with a refreshing water workout. This class is geared towards all fitness levels and ages. Using the resistance of water, enhanced with equipment, for a total body workout. No music is used in this class.

Ongoing: ..... M-F ..... 8:00-9:00am

## WINDING DOWN:

End your day with an invigorating water workout. Various intensity levels will allow all participants to achieve fitness results. Join our fitness instructors in a combination class (shallow and deep water). Class will focus on strengthening the heart and lungs through interval, circuit, and general training.

Ongoing: ..... MW ..... 6:00-7:00pm  
 ..... TuTh ..... 7:45-8:45pm

## PULLMAN HIGH SCHOOL BOYS SWIMMING

The PHS swim team has exclusive use of the pool M-F from 3:00-5:15pm. On TuTh mornings the team will be using 4 lanes from 5:30 – 7:00am. On swim meet days the pool will remain closed until 7:00pm (TuTh meets) or 4:00pm (Sat meets).

## WSU MASTER SWIMMING

WSU Masters Swimming is a year-round program of fitness and fun for Palouse area adult swimmers. Participants range in age from 18 to well into their 90s, and in ability from beginner swimmers, to triathletes, and accomplished retired intercollegiate swimmers. The club focuses on fitness swimming, triathlon training, and competition. We do not require tryouts, just an ability and desire to swim for fitness. For more details and information contact Head Coach Doug Garcia at 332-1621 or the web site at [www.WSUMastersSwimming.org](http://www.WSUMastersSwimming.org).

## AQUA ENERGY

### WATER WORKOUT

**SPONSORED BY: SUMMIT PHYSICAL THERAPY**

**CALL FOR DETAILS: 332-5106**

### SPORTS/FITNESS: *Proactive injury prevention*

Cross training  
 Increased resistance in movements  
 Sport specific  
 Endurance training

**Water fitness is a valuable link in strengthening, toning, and revitalizing the body and mind.**

### REHAB: *Healing aquatic movements*

Speeds recovery  
 Strengthens core and supportive muscles  
 Increases endurance

### **All exercises can be adapted to specific needs**

\* Muscle strains \* Fibromyalgia \* Arthritis  
 \* Joint replacement \* Weight loss \*  
 \* Prenatal/Post partum \* Increase metabolism \*  
 \* Sports injuries\*

Classes at Pullman Aquatic Center, Therapy Pool

**Monday, Wednesday and Friday:**

6:30-7:30am, 11:00am-12:00pm, or 12:00-1:00pm

**Tuesday and Thursday:**

11:00am-12:00pm

**All class fee: 15 visits for \$50**

**Must Register at Summit Physical Therapy**

## YMCA TITANS SWIM TEAM

Join a swim team dedicated to the physical, emotional, and social growth of youth in our community. Swimmers ages 5-18 with diverse levels become members of the YMCA swimming network while benefiting from a sanctioned USA Swimming program. Gabe and Megan Brannan provide individual, age-specific instruction to increase the skill, technique and stroke efficiency in order to best meet the swimmer goals. Value based coaching and technique development encourage advanced sportsmanship and strong athletes, citizens, and friends. Swimming is also a great low-impact, high-energy workout. Practices run M-F. FREE for one week! Contact the YMCA at WSU by phone at 335-3776 for monthly rates and fees or email at [wsuymca@wsu.edu](mailto:wsuymca@wsu.edu).

## PULLMAN SWIM TEAM

A USA Swim sanctioned swimming team for boys and girls, 8-12 yrs old, has a limited number of openings for motivated swimmers wishing to further their skills in the competitive strokes. There is individualized instruction in butterfly, backstroke, breaststroke, and freestyle, with emphasis on efficient stroke techniques, fitness training, goal setting, team spirit, and sportsmanship. Practices are held at the Pullman Aquatic Center, M-Th from 7:00- 8:30pm and Fri from 5:30-7:00pm. Current club dues are \$38/swimmer/month, plus an annual USA Swimming membership fee of \$56. Contact John McInturff at 334-0564, or email at [pullmanswimteam@verizon.net](mailto:pullmanswimteam@verizon.net) for more information.

# FITNESS INSTRUCTION

## PERSONAL TRAINING SERVICES:



### RICKY CAYLOR, FITNESS INSTRUCTOR

Licensed and Certified Athletic Trainer  
 Certified Strength & Conditioning Specialist  
 NSCA Certified Personal Trainer  
 Former NCAA athlete  
 USA Olympic Athletic Trainer



### GET ACQUAINTED WITH THE TRAINER:

**FREE ½ hr. Fitness Consultation** with purchase of a new or renewal of a PAC annual membership. For annual membership fees, see page 24.

**FREE ½ hr. weight room orientation** with purchase of a quarterly fitness pass.

## NEW CLIENT INTRODUCTORY FITNESS PACKAGES! .....\$100

- ◆ A 1/2 hr Initial fitness consultation (\$20)
- ◆ A 1/2 hr Fitness Assessment (\$25)
- ◆ A 1 hr training session with the Personal Trainer (\$50)
- ◆ A written personalized workout program (\$30)

## ONE-ON-ONE APPOINTMENTS WITH CERTIFIED PERSONAL TRAINER:

1 session .....	\$50/hr
2-5 sessions (10% discount): .....	\$90-\$225
6-10 sessions (15% discount): .....	\$255-\$425
11-15 sessions (20% discount): .....	\$440-\$600
20 sessions (25% discount): .....	\$750
25 sessions (30% discount): .....	\$875
30 sessions (35% discount): .....	\$975

## GROUPS:

For each additional person in a group training package there is an additional 25% added to the overall charge.

Participants will receive a 20% discount on all PAC programs (personal training, lessons and water fitness) when they possess an annual membership.

## BEGINNING AND INTERMEDIATE WEIGHT TRAINING

Limits: 6/10

Jan 17-Feb 9 ..... TuTh ..... 9:30-10:30am ..... \$35

Feb 14-Mar 9 ..... TuTh ..... 9:30-10:30am ..... \$35

Youth 14 and under are not permitted in the fitness room. If you have a youth (15-17 yrs old) that needs a program for strengthening, flexibility, or for a specific sport, the personal trainer will design a plan for the youth under the new client introductory fitness package. Fees are the same.

## LIFEGUARD TRAINING AT WSU

REGISTER BY CALLING: 335-UREC

### LIFEGUARD TRAINING

#### Training 1: Register before: Mar 20

Location: Smith Pool and SRC Classroom

Mar 26-Apr 18 .....	Su .....	1:00-6:00pm
.....	Tu .....	6:00-10:00pm
.....	\$165 SRC Member .....	\$200 Nonmember

#### Training 2: Register before: Mar 21

Location: Smith Pool and SRC Classroom

Mar 27-Apr 24 .....	M .....	6:00-10:00pm
.....	Th .....	6:00-10:00pm
.....	\$165 SRC Member .....	\$200 Nonmember

## LIFEGUARD CHALLENGE

### Challenge 1: Register before: Apr 20

Location: Gibb Pool

April 23 .....	Su .....	7:00-10:00pm
.....	\$35 SRC Member .....	\$37 Nonmembers

### Challenge 2: Register before: Apr 27

Location: Gibb Pool

Apr 30 .....	Su .....	7:00-10:00pm
.....	\$35 SRC Member .....	\$37 Nonmembers

## LIFEGUARD INSTRUCTOR TRAINING

### Register before: Jan 16

Location: SRC Pool and Classroom

Jan 13-Feb 3 .....	M-F .....	6:00-9:00pm
.....	\$225 SRC Member .....	\$265 Nonmembers

## WATER SAFETY INSTRUCTOR

### Register before: Mar 13

Location: SRC Pool and Classroom

Mar 22-Apr 20 .....	WTh .....	5:00-9:00pm
.....	\$200 SRC Member .....	\$235 Nonmembers



# WINTER/SPRING POOL SCHEDULE - SUBJECT TO CHANGE

## MULTI-PURPOSE POOL: January 2-June 11

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
6:00AM		LAP SWIM 6:00-8:00	PHS Team 5:30-7:00	LAP SWIM 6:00-8:00	PHS Team 5:30-7:00	LAP SWIM 6:00-8:00		6:00AM			
6:30								6:30			
7:00								7:00			
7:30					LAP SWIM 6:00-8:00				7:30		
8:00			LAP/AEROBICS - 8:00-9:00					8:00			
8:30			OPEN SWIM 9:00-12:00					8:30			
9:00								9:00			
9:30								9:30			
10:00								10:00			
10:30								10:30			
11:00								11:00			
11:30								11:30			
12:00PM	OPEN SWIM 12:00-2:00	LAP SWIM ONLY - 12:00-1:00					OPEN SWIM 12:00-2:00	12:00PM			
12:30		PSD / LAP SWIM - 1:00-3:00						12:30			
1:00								1:00			
1:30								1:30			
2:00	AVAILABLE FOR PRIVATE RENTAL	3:00-5:15 PHS Swim Team until Feb 17 OPEN SWIM starting Feb 20					AVAILABLE FOR PRIVATE RENTAL	2:00			
2:30								2:30			
3:00								3:00			
3:30								3:30			
4:00	OPEN SWIM 4:00-6:00	LAP SWIM 5:15-9:00 LESSONS 5:15-7:00 AEROBIC 6:00-7:00 Team 7:00-8:30 (4 lanes)					TUBE TIME 4:00-6:00	4:00			
4:30								4:30			
5:00								5:00			
5:30								5:30			
6:00	AVAILABLE FOR PRIVATE RENTAL	LAP SWIM 5:15-9:00 LESSONS 5:15-7:00 AEROBIC 6:00-7:00 Team 7:00-8:30 (4 lanes)					LAP SWIM 5:15-9:00 Team 5:30-7:00	AVAILABLE FOR PRIVATE RENTAL	6:00		
6:30									6:30		
7:00									7:00		
7:30							TUBE TIME 7:00-9:00		7:30		
8:00									8:00		
8:30									8:30		
9:00									9:00		
9:30									9:30		
AVAILABLE FOR PRIVATE RENTAL											

## THERAPY POOL: January 2-June 11

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
6:00	AVAILABLE FOR PRIVATE RENTAL	OPEN - 6:00-6:30	OPEN SWIM 6:00-11:00	OPEN - 6:00-6:30	OPEN SWIM 6:00-11:00	OPEN - 6:00-6:30	AVAILABLE FOR PRIVATE RENTAL	6:00	
6:30		Summitt 6:30-7:30		Summitt 6:30-7:30		Summitt 6:30-7:30		6:30	
7:00		OPEN SWIM 7:30-11:00 LESSONS 9:00-11:00 (shared)		OPEN SWIM 7:30-11:00 LESSONS 9:00-11:00 (shared)		OPEN SWIM 7:30-11:00 LESSONS 9:00-11:00 (shared)		OPEN SWIM 7:30-9:30	7:00
7:30			8:00						
8:00			8:30						
8:30			9:00						
9:00			PARENT/CHILD 9:30-11:00		LESSONS 9:00-12:00		9:30		
9:30		10:00							
10:00		10:30							
10:30		Summitt 11:00-1:00	Summitt 11:00-12:00	Summitt 11:00-1:00	Summitt 11:00-12:00	Summitt 11:00-1:00	11:00		
11:00			OPEN SWIM 12:00-1:00		OPEN SWIM 12:00-1:00		11:30		
11:30			PSD/LESSONS 1:00-3:00		PSD HM SCHL 1:00-3:00		OPEN SWIM 12:00-2:00	12:00PM	
12:00PM	12:30								
12:30	1:00								
1:00	AVAILABLE FOR PRIVATE RENTAL	3:00-5:15 PHS Swim Team until Feb 17 OPEN SWIM starting Feb 20				AVAILABLE FOR PRIVATE RENTAL	1:30		
1:30							2:00		
2:00							2:30		
2:30							3:00		
3:00	OPEN SWIM 4:00-6:00	LESSONS 5:15-7:00				OPEN SWIM 5:15-9:00	TUBE TIME 4:00-6:00	3:30	
3:30								4:00	
4:00								4:30	
4:30								5:00	
5:00		OPEN SWIM 7:00-9:00						5:30	
5:30								6:00	
6:00								6:30	
6:30								7:00	
7:00		AVAILABLE FOR PRIVATE RENTAL						7:30	
7:30								8:00	
8:00								8:30	
8:30								9:00	
9:00									9:30
9:30									